

2023 year of change.

It was before January the first, twenty-twenty-three. A disaster, a shipwreck. Most everything was destroyed. What was not destroyed, the scavengers rushed out in their dinghies to salvage what they could, as the ship slowly went down. What much salvage there was, was sold. I kept very little of a seventy-three-year old life; memories, a few beliefs, sorrows, sufferings, joys, dreams, thoughts, desires, ignorance, denial, sensations, feelings, some mental disorders, and an essential human nature. Along with a small truck load of impermanent objects.

Move on, move on to find a new life. The Ocmulgee River says, "Walk slow but keep going".

## 2024 Journal

Soon to cross another year, a better life to appear. In hope.

Twenty-twenty-three was a year of disaster and recovery.

11/28/2023

In the early morning

Sorrow Clouds

Bemoan me

20231203ChatBot

On <https://chat.openai.com/>



**You**

What is Jiddu Krishnamurti's view on meditation?

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Jiddu Krishnamurti, a philosopher and spiritual teacher, had unique perspectives on various aspects of life, including meditation. His views on meditation were distinct from traditional approaches and often challenged conventional practices. Krishnamurti emphasized a form of meditation that was free from techniques, rituals, and the influence of external authorities. Here are some key aspects of his views on meditation:

1. **Choiceless Awareness:** Krishnamurti advocated for what he called "choiceless awareness" as a form of meditation. This involves observing one's thoughts, feelings, and actions without judgment or identification. It's a state of awareness where the mind is not actively choosing or controlling what to focus on but is simply observing the totality of its own processes.
2. **Freedom from Methods:** Unlike many traditional meditation practices that involve specific techniques or methods, Krishnamurti discouraged reliance on any set method. He believed that true meditation was not a practice that could be learned or followed but rather an ongoing process of self-inquiry and understanding.
3. **Living in the Present Moment:** Krishnamurti stressed the importance of living in the present moment. He suggested that true meditation is not separate from daily life but is an integral part of it. Being fully present and attentive in each moment, without the interference of preconceived ideas or judgments, was central to his understanding of meditation.
4. **Observer and Observed:** Krishnamurti often discussed the relationship between the observer and the observed. In meditation, he encouraged individuals to explore the nature of the observer (the self or ego) and the observed (thoughts, emotions, experiences) without creating a division between them. Understanding this relationship was seen as essential for profound self-awareness.
5. **No Goal or Achievement:** Krishnamurti emphasized that true meditation has no goal or endpoint. It is not a means to an end but a continuous, open-ended exploration of the mind and consciousness. The focus is on understanding oneself rather than achieving a particular state or experience.

It's important to note that Krishnamurti's views on meditation were deeply philosophical and focused on self-inquiry, mindfulness, and a holistic approach to life. Individuals interested in his teachings often found them challenging and thought-provoking, offering a different perspective on the practice of meditation compared to more traditional approaches.

what are the 'traditional approaches to meditation?

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Traditional approaches to meditation encompass a wide range of practices that have evolved over centuries within various cultural, religious, and philosophical traditions. Here are some of the major traditional meditation approaches:

1. **Mindfulness Meditation (Vipassana):** Stemming from Buddhist traditions, mindfulness meditation emphasizes cultivating awareness of the present moment. Practitioners often focus on the breath, bodily sensations, or thoughts, observing them without attachment or judgment.
2. **Concentration Meditation (Samatha):** Also rooted in Buddhism, concentration meditation involves focusing the mind on a single point, such as the breath, a mantra, or a visual object. The goal is to develop deep concentration, leading to tranquility and mental stillness.
3. **Loving-kindness Meditation (Metta):** Another form of Buddhist meditation, loving-kindness meditation involves generating feelings of love and compassion toward oneself and others. Practitioners typically use phrases or affirmations to cultivate positive emotions.
4. **Yogic Meditation:** Yoga traditions, particularly those found in Hinduism, include various meditation practices. These may involve concentration on specific chakras, visualization, or guided meditation. Raja Yoga, one of the classical paths of yoga, includes meditation as a key component.
5. **Transcendental Meditation (TM):** Developed by Maharishi Mahesh Yogi, TM is a technique where practitioners repeat a specific mantra silently. The aim is to reach a state of deep relaxation and transcend thought. TM has its roots in Vedic traditions.
6. **Zen Meditation (Zazen):** Central to Zen Buddhism, Zazen involves seated meditation. Practitioners typically focus on the breath or engage in koan study (paradoxical statements or questions) to attain a direct, non-conceptual understanding.
7. **Christian Contemplative Practices:** In Christian traditions, contemplative practices involve silent meditation and prayer. Centering Prayer, for example, is a Christian contemplative practice that emphasizes interior silence and openness to the divine presence.
8. **Sufi Meditation:** Sufism, the mystical dimension of Islam, incorporates various meditation practices, often centered on the repetition of sacred phrases (dhikr) or focusing on the heart.
9. **Guided Imagery and Visualization:** Some meditation practices involve guided imagery and visualization. This can include mentally visualizing peaceful scenes or guiding the mind through a specific journey to promote relaxation and insight.
10. **Mantra Meditation:** Found in various spiritual traditions, mantra meditation involves the repetition of a sacred word or phrase. This practice aims to quiet the mind and connect with deeper aspects of consciousness.

These traditional approaches vary in techniques, goals, and cultural contexts, but they all share a common thread of using meditation as a tool for self-discovery, inner peace, and spiritual development. Additionally, many modern secular mindfulness practices have emerged, drawing inspiration from these traditional approaches but often divorced from their religious or cultural origins.

What is Alan Watts, Writer and speaker, view on meditation?

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Alan Watts, a British writer, speaker, and interpreter of Eastern philosophy for a Western audience, had a profound impact on popularizing Eastern philosophical and spiritual concepts in the West. His views on meditation were influenced by his deep exploration of Eastern traditions, particularly Zen Buddhism and Taoism. Here are some key aspects of Alan Watts's views on meditation:

1. **Non-Striving and Naturalness:** Watts emphasized the idea that meditation is not a goal-oriented activity. Rather than striving for a specific outcome, he encouraged individuals to approach meditation with a sense of naturalness and spontaneity. Meditation, in his view, is about being fully present in the moment without trying to achieve anything.
2. **The Art of Letting Go:** Watts often spoke about the importance of letting go and surrendering to the present moment. He suggested that trying too hard in meditation or having a rigid approach can be counterproductive. Instead, he advocated for a more relaxed and open attitude, allowing thoughts to come and go without attachment.
3. **The Illusion of Control:** Watts frequently explored the theme of the illusory nature of the self and the ego. In meditation, he pointed out that the more one tries to control the mind, the more elusive that control becomes. True meditation, according to Watts, involves letting go of the illusion of control and simply witnessing the flow of thoughts and experiences.
4. **Mindfulness in Everyday Life:** Watts believed that meditation was not confined to a specific practice but could extend into everyday life. He encouraged the integration of mindfulness into daily activities, emphasizing the importance of being fully engaged and present in each moment, whether meditating formally or going about one's daily tasks.
5. **The Paradox of Effort:** Watts explored the paradox of effort in meditation. While a certain degree of intention and discipline might be necessary, excessive effort or force can hinder the meditative experience. He often used the analogy of trying to relax by tensing up all the muscles, highlighting the counterintuitive nature of effective meditation.
6. **The Unity of Self and Universe:** Central to Watts's teachings was the idea of the interconnectedness and unity of the self with the broader universe. He saw meditation as a way to transcend the boundaries of the ego and experience a profound sense of oneness with the cosmos.

It's important to note that Watts's approach to meditation was deeply philosophical, and he often presented ideas in a poetic and metaphorical manner. While some of his perspectives may resonate with individuals, others might prefer more structured or traditional approaches to meditation. Watts's contribution lies in his ability to bridge Eastern and Western thought, making profound philosophical concepts accessible to a broader audience.

What is your view on meditation?

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As a machine learning model created by OpenAI, I don't have personal views or experiences. However, I can provide information based on patterns and knowledge present in the data on which I was trained up until my last update in January 2022.

Meditation is a diverse and ancient practice with various forms and approaches, each rooted in different cultural, religious, or philosophical traditions. It has been associated with numerous benefits, including stress reduction, improved focus, and enhanced well-being. Scientific research has also explored its effects on the brain and mental health.

Individual experiences with meditation can vary widely, and the effectiveness of a particular meditation practice often depends on factors such as personal preferences, cultural background, and individual goals. Some people find mindfulness meditation, with its emphasis on being present in the moment, to be helpful for reducing stress and enhancing clarity of thought. Others may resonate more with concentration meditation, loving-kindness meditation, or other forms.

It's essential for individuals to explore different types of meditation and find what works best for them. Additionally, meditation is often more than just a technique; it can be a way of cultivating a certain quality of awareness and presence in daily life.

If you have specific questions about meditation or if there's a particular aspect you'd like more information on, feel free to ask!

Thank you very much, you have given me much to contemplate and meditate on, have a wonderful day, over and out

**ChatGPT**

**ChatGPT**

You're very welcome! I'm glad I could provide you with information to contemplate. If you ever have more questions in the future or need assistance, feel free to reach out. Have a wonderful day, and over and out!

## A poem and a picture 01/07/2024

In the ballot's silent absence, aged I stand,  
Whispers of feeble minds echo, like grains of sand.  
They declare, in hushed tones, my limbs are still,  
An aging vessel, bound by Time's cruel will.  
They speak, labeling me with "handicapped" decree,  
A badge on my car, a symbol for all to see.  
Yet, in the quiet confines of my dwelling's grace,  
I ponder a world, a swift and bustling race.  
Through the window's gaze, I witness life's parade,  
A stream of cars, a dance in the sun's cascade.  
Yet, fear wraps around me, a tight-fisted glove,  
For they claim I'm handicapped, a verdict from above.  
Ah, they do not know the depth of my soul's vast sea,  
Beyond the judgments, the surface, the decree.  
In the stillness within, a quiet strength resides,  
I am not solely what their label decides.



## Body Mind Meditation

12/13/2023

### The Body

The forehead, the top of the head, back of the head the front of the head, left right of the head, the neck the shoulders, chest, upper back, upper arms, elbows lower arms hands and fingers, belly, lower back, cohosh, thighs, knees legs foot and toes. And the body is covered with skin. Inside the body; Bones, many bones with many names, flesh, mussel, heart, lungs, and many systems. Lymphatic system, reproductive system, nervous system, digestive system, Circulatory system made up of blood vessels, and the brain system, a complex organ though, by some, to hold consciousness and mind.

### The Mind

Many believe there is an Essential human nature that includes: Enlightenment, Wisdom, Awareness, Mindfulness, Love, Compassion, Loving care, Stability, Justice, and Protection in the mind. Also, within the mind all the: Memories, Dreams (when sleeping or not.), Thoughts, Beliefs, Desires, Sufferings, Joys, Regrets, Feelings, Sensations, All the many (Me's) with all the many facades mad for the many (Me's), all the denial, Ignorance, All the Mental Disorders. The mind is a vast place, there could be very much more.

For Printing

## Body Mind Meditation

### The Body

The forehead, the top of the head, back of the head the front of the head, left right of the head, the neck the shoulders, chest, upper back, upper arms, elbows lower arms hands and fingers, belly, lower back, cohosh, thighs, knees legs foot and toes. And the body is covered with skin. Inside the body; Bones, many bones with many names, flesh, mussel, heart, lungs, and many systems. Lymphatic system, reproductive system, nervous system, digestive system, circulatory system made up of blood vessels, and the brain system, a complex organ. Though, by some, to hold consciousness and mind.

### The Mind

Many believe there is an 'Essential Human Nature' that includes: Enlightenment, wisdom, awareness, mindfulness, love, compassion,



loving-care, stability, justice, and protection in the mind. Also, within the mind, all the: memories, dreams (when sleeping or not.), thoughts, beliefs, desires, sufferings, joys, regrets, feelings, sensations, all the many (Me's) with all the many facades made for the many (Me's), all the denial, ignorance, all the mental disorders. The mind is a vast place, there could be very much more.

## **Concentrate, Concentration** with many names:

Focus, direct, center, centralize, bring to bear, home in on, zero in on, focus one's attention on, focus on, pay attention to, keep one's mind on, apply oneself to, address oneself to, devote oneself to, get down to, put one's mind to, be absorbed in, be engrossed in, be immersed in, think about closely, consider closely

**Do I realize the illusion I've been  
living in?**

OK move on. Space so this is you and me and we're talking on this phone. Thank you it's working a little bit better as I talk, I think this is a good idea.

I'm sitting here in my room watching guitar the cars drive by and my window That's all for now over and out. Can you print today's date no today's date is 12 18 2023. That is very good thank you over and out,

That longing comes alive in a consolation of a poem by Ellen Bass:

## “HOW TO APOLOGIZE

by Ellen Bass

Cook a large fish — choose one with many bones, a skeleton  
you will need skill to expose, maybe the flying  
silver carp that's invaded the Great Lakes, tumbling  
the others into oblivion. If you don't live  
near a lake, you'll have to travel.

Walking is best and shows you mean it,  
but you could take a train and let yourself  
be soothed by the rocking  
on the rails. It's permitted  
to receive solace for whatever you did  
or didn't do, pitiful, beautiful  
human. When my mother was in the hospital,  
my daughter and I had to clear out the home  
she wouldn't return to. Then she recovered  
and asked, incredulous,

*How could you have thrown out all my shoes?*

So you'll need a boat. You could rent or buy,  
but, for the sake of repairing the world,  
build your own. Thin strips  
of Western red cedar are perfect,  
but don't cut a tree. There'll be  
a demolished barn or downed trunk  
if you venture further.

And someone will have a mill.

And someone will loan you tools.

The perfume of sawdust and the curls  
that fall from your plane  
will sweeten the hours. Each night  
we dream thirty-six billion dreams. In one night

we could dream back everything lost.

So grill the pale flesh.

Unharness yourself from your weary stories.

Then carry the oily, succulent fish to the one you hurt.

There is much to fear as a creature

caught in time, but this

is safe. You need no defense. This

is just another way to know

you are alive.

The voice of your discriminating awareness.

12/11/2023

## **The Mind's Objects and everything else list.**

12/12/2023

All the: Memories, Dreams (when sleeping or not.), Thoughts, Beliefs, Desires, Sufferings, Joys, Regrets, Feelings, Sensations, All the many (Me's) with all the many facades mad for the many (Me's), all the Denial, Ignorance, All the Mental Disorders.

There is also an Essential human nature that includes: Enlightenment, Wisdom, Awareness, Mindfulness, Love, Compassion, Loving care, Stability, Justice, and Protection.

The mind is vast place, there could be very much more.

12/12/2023

What is the fundamental nature of reality?

Wikipedia says, "Metaphysics is the branch of philosophy that studies the fundamental nature of reality. This includes the first principles of: being or existence, identity, change, space and time, cause and effect, necessity, actuality, and possibility."

<https://en.wikipedia.org/wiki/Metaphysics>

'The Hitchhiker's Guide to the Galaxy' may help.



David Brooks

What everyone needs and deserves.

1 Dignity.

2 five or six close people who are their core. Absolutely secure base small group of people.

3 A sense of movement, a sense that life is going somewhere, a vector, going up.

If not?

“He who has a ‘why’ to live for, can endure anyhow.”